



Scarlet Valley 7 Night Retreat Schedule

Items with an asterisk are required attendance*

DAY 1		
14.30	Arrival/Tour	
15.15	Health Checks*	<i>Clinic</i>
16.30	Orientation Talk*	<i>Maloca</i>
18.30	Dinner	<i>Dining Room</i>
DAY 2		
08.00	First Plant Treatment*	<i>Maloca</i>
09.00	Breakfast	
10.00	Ayahuasca Talk*	<i>Maloca</i>
13.00	Lunch	
15.30	Flower Baths	<i>Maloca</i>
17.30	Pre-Ceremony Yoga, Breathwork & Soundbath	<i>Maloca</i>
18.30	CEREMONY ONE	<i>Maloca</i>
DAY 3		
08.00	Morning Yoga	<i>Maloca</i>
09.00	Breakfast	
10.00	Consultations with Healers*	<i>Maloca</i>
13.00	Lunch	
14.00	Volcanic Mud Treatment	<i>Behind maloca</i>
17.30	Pre-Ceremony Yoga, Breathwork & Soundbath	<i>Maloca</i>
18.30	CEREMONY TWO	<i>Maloca</i>
DAY 4		
09.00	Breakfast	
10.00	Group Share*	<i>Maloca</i>
13.00	Lunch	
17.00	Afternoon Yoga	<i>Maloca</i>
18.30	Dinner	
DAY 5		
08.00	Morning Yoga	<i>Maloca</i>
09.00	Breakfast	
10.00	Integration Tools*	<i>Maloca</i>
13.00	Lunch	
17.30	Pre-Ceremony Yoga, Breathwork & Soundbath	<i>Maloca</i>
18.30	CEREMONY THREE	<i>Maloca</i>

DAY 6		
09.00	Breakfast	
11.00	Volcanic Mud Treatment	<i>Behind maloca</i>
13.00	Lunch	
14.00	Arkana / Post-Diet*	<i>Maloca</i>
15.30	Flower Baths	<i>Maloca</i>
17.30	Pre-Ceremony Yoga, Breathwork & Soundbath	<i>Maloca</i>
18.30	CEREMONY FOUR	<i>Maloca</i>
DAY 7		
09.00	Breakfast	
09.30	Shipibo Market	<i>Maloca</i>
10.15	Group Photo & Group Share*	<i>Maloca</i>
13.00	Lunch	
14.00	Health Checks*	<i>Clinic</i>
14.00	Optional - Share your testimonial 	<i>Dining Room</i>
18.30	Dinner	
DAY 8		
8.00	Breakfast	
9.00	Departure from Soltara	
9.30	Guided Tour of Carara National Park	
14.00	Arrive back at SJO Airport Hotel	